



Spinach Power Salad with Mandarin Vinaigrette

Makes: 4 Servings

"I was inspired to make this salad because a couple weeks ago my dad made a spinach salad that was really good," says Emilie. "I decided that I wanted to make my own spinach salad with homemade dressing. I chose spinach because it is a high source of iron, fiber, and vitamin C. I also think kids would like to eat this salad because of its fun colors."

Ingredients

For the Dressing:

1 Juice from 1 snack-size cup of mandarin oranges in natural juice (reserve oranges)

2 tablespoons apple cider vinegar




1/4 cup olive oil

Nutrition Information

Nutrients	Amount
Calories	362
Total Fat	22 g
Saturated Fat	3 g
Cholesterol	35 mg
Sodium	488 mg
Total Carbohydrate	27 g
Dietary Fiber	3 g
Total Sugars	22 g
Added Sugars included	12 g
Protein	16 g
Vitamin D	0 mcg
Calcium	71 mg
Iron	2 mg
Potassium	531 mg

N/A - data is not available

MyPlate Food Groups

	Fruits	1/4 cup
	Vegetables	3/4 cup
	Protein Foods	2 ounces

1/4 cup pure cane sugar

1/2 small onion, peeled and chopped

1 tablespoon spicy brown mustard

1 tablespoon yellow mustard

1/2 teaspoon salt

1/2 teaspoon pepper

For the Salad:

8 ounces skinless, boneless chicken breast

5 ounces baby spinach

1 large carrot, peeled and shredded

24 red seedless grapes

Reserved mandarin oranges (from above)

1 1/2 ounces shelled walnuts, chopped coarsely

Salt and pepper to taste

Directions

1. **To make the Dressing:** In a blender, combine all of the dressing ingredients. Pour into a decorative bottle with a lid.
2. **Preheat the grill to medium-high.** Grill the chicken, flipping once, for about 10 minutes total, or until cooked through. Chop into bite-sized pieces.
3. **To make the Salad:** Divide the spinach among 4 bowls. Top each bowl with shredded carrots, grapes, chicken, mandarin oranges, and walnuts. Season with salt and pepper. Shake the dressing to ensure it's mixed well and drizzle desired amount on top of salad.

Notes

State: Delaware

Child's Name: Emilie Monnig, 12

Source: The 2015 Healthy Lunchtime Challenge Cookbook